

**FY 2015**  
**McLean County Board of Health**  
**Persons with a Developmental Disability & Mental Health Funding Application**

**Section 1: CONTACT INFORMATION**

Agency Name: Project Oz  
Street Address: 1105 West Front Street City: Bloomington State: IL Zip: 61701  
Agency Phone: 309-827-0377 Fax: 309-829-8877 Website: www.projectoz.org  
Executive Director: Peter Rankaitis E-mail: peter@projectoz.org  
Contact Person: Peter Rankaitis Title: Executive Director E-mail: peter@projectoz.org

**Section 2: AGENCY DESCRIPTION**

**I. GENERAL INFORMATION**

A. Please give a brief description of your agency, including your Mission Statement.

Our mission is to make a positive difference in the lives of youth. We've been operating continuously since 1973, beginning with programs to prevent substance abuse. Through the 1980s and 1990s, we wrote the nation's first substance abuse prevention curricula, tailoring them to general classrooms, to students with learning disabilities, and for inclusive classrooms. We also provided training across the country for teachers, so they could use this information in their own schools. Throughout these decades we taught prevention in McLean County schools, and we continue to do so. We also lead a community coalition that brings together 12 sectors of the community to reduce youth drug use, and we started a youth-led program called the Youth Action Board; their work is one of the elements of this proposal. We are in the fifth year of a community coalition in Heyworth that has paired school and community residents to prevent youth drug use, and we have had the guidance of a nationally known expert to help us along the way. In 1985 we began services for runaway youth, which includes emergency shelter through the state's first Host Homes network. We also have street-based services for homeless youth and the county's only transitional living program for homeless youth, including those youth who are pregnant and/or parenting. At 5 area schools we have services that keep at-risk youth in school where they can continue to earn their high school diplomas, rather than dropping out of school. Altogether, we provide services that re-establish family bonds, help homeless youth permanently leave the streets, reunite runaway teens with their families, and focus community efforts on preventing youth substance abuse. We are part of local and state networks that keep us current on research, trends, and laws, and we collaborate with a wide variety of agencies to provide residents with necessary resources and to avoid duplication of efforts.

**II. GOVERNING BODY - BOARD OF DIRECTORS INFORMATION**

A. HOW OFTEN DOES THE BOARD OF DIRECTORS MEET?

Monthly \_\_\_\_\_ Quarterly \_\_\_\_\_ Other xx Bi-monthly.

B. PLEASE LIST YOUR CURRENT BOARD MEMBER INFORMATION, INCLUDING NAME, BOARD POSITION, EX: PRESIDENT, DIRECTOR, ETC.), ADDRESS AND TERM EXPIRATION DATE.

Amy McFarland, Board President: Attorney at Law, Family Law, [REDACTED]  
Curt Oyer, Board Treasurer: YWCA VP Finance, [REDACTED]  
Joe Bell: DeWitt County Sheriff's Office, Retired, [REDACTED]  
Paul Lawrence: Judge, 11th Judicial Circuit, McLean County Law & Justice Center, Bloomington, IL 61701  
Wendy Danner: General Manager, Home Depot, 795 N Veterans Pkwy, Normal, IL 61761  
Lynnette Smyer: Purchaser, State Farm, 1 State Farm Plaza, Bloomington, IL 61710  
David Warren: VP, Busey Bank, 2101 N Veterans Pkwy, Bloomington, IL 61704  
Mike Doherty, Senior Economist, Illinois Farm Bureau, 1701 N Towanda Ave, Bloomington, IL 61701  
Mike Kimmerling, Chief, Bloomington Fire Department, 310 N Lee St, Bloomington, IL 61701

There is no expiration date.

**III. ORGANIZATIONAL FINANCIAL MANAGEMENT**

A. WITHIN THE LAST 5 YEARS, HAS YOUR ORGANIZATION ENDED ANY FISCAL YEAR WITH AN OPERATING DEFICIT?

Yes \_\_\_\_\_ No xx

IF YES, PLEASE EXPLAIN HOW YOU PLANNED TO ELIMINATE THE DEFICIT:

n/a

B. HAVE ANY OF YOUR PROGRAMS ENDED WITH A DEFICIT?

Yes XX No

IF YES, PLEASE EXPLAIN?

The vast majority of our funding is grants, so their use is restricted to specific services. Occasionally some programs exceed their grant amounts, and we make up the difference through general operating support.

C. IS YOUR AGENCY EXPECTING TO END THIS FISCAL YEAR WITH A SURPLUS IN ANY PROGRAM?

Yes No xx

PLEASE EXPLAIN?

n/a

Section 3: PROGRAM INFORMATION (Complete for each program for which funds are being requested)

I. GENERAL INFORMATION

- A. PROGRAM NAME: Prevention and Education  
B. AMOUNT OF FUNDS BEING REQUESTED: \$ 138,210  
C. PROGRAM DIRECTOR'S NAME: Peter Rankaitis  
D. PROGRAM DIRECTOR'S E-MAIL: peter@projectoz.org  
E. TELEPHONE: 309-827-0377 FAX: 309-829-8877  
F. IF THE PROGRAM TAKES PLACE IN A SCHOOL, PLEASE LIST THE SPECIFIC SCHOOL(S):

Parkside Junior High (grades 6 & 7)	Ridgeview Jr/Sr (grade 6)
Evans Junior High (grades 6 & 7)	Sheridan Elementary (grade 5)
Chiddix Junior High (grades 6 & 7)	Irving Elementary (grade 5)
Kingsley Junior High (grades 6 & 7)	Stevenson Elementary (grade 5)
Lexington (grades 6, 7)	Washington Elementary (grade 5)
LeRoy (grade 5)	Oakland Elementary (grade 5)
Tri-Valley (grades 7 & 8)	Bent Elementary (grade 5)

G. DISABILITY GROUP(S) SERVED BY FUNDED PROGRAM

Developmental Disabilities Substance Abuse xx Emotional Disability  
Other:

H. IDENTIFY SERVICE FUNCTION PROVIDED BY THE PROGRAM

Prevention xx Emergency & Assessment  
Treatment/Habilitation Sustaining Care  
Case Coordination Other

I. GIVE A BRIEF DESCRIPTION OF THE PROGRAM FOR WHICH FUNDS ARE BEING REQUESTED, INCLUDING SPECIFIC SERVICES PROVIDED ALONG WITH THE DESIRED CLIENT OUTCOME:

All of the services use a Universal prevention strategy and work toward the same desired client outcome: the reduction or elimination of youth substance use. The Prevention & Education Department teaches classroom courses using an evidence-based curriculum, presented in the manner it is intended in order to preserve program fidelity. At each school's request, our staff schedule time during students' health classes to present curriculum information. Another service is community coalition building and leadership. The Heyworth Prevention Partners is in their fifth year of disseminating messages and preparing activities that support non-use by teens, using environmental activities that reach youth and their parents. Another service is the Youth Action Board. Students on the Youth Action Board come from 5 area schools. They focus efforts on exposing media advertising pressures, informing local government about strategies and ordinances to combat youth substance use, and testing businesses to determine if they know and follow local ordinances regarding alcohol and minors by doing unannounced "Spot Checks" in conjunction with law enforcement, and a "bottle-neck tag" campaign (called "Your Actions Matter") that is targeted to adult consumers of packaged alcohol. The teens of the Youth Action Board were instrumental in establishing the community-wide prescription drug take-back program in conjunction with the USDEA, and they continue to volunteer with the twice-yearly take-back events. Youth continually evaluate their efforts to reach their peers and the wider community via the various methods they choose each year, such as movie screen shots, flash mobs, and billboard advertising.

**J. LIST THE STAFF POSITIONS, STAFF QUALIFICATIONS AND PERCENTAGE OF EACH STAFF NEEDED TO CARRY OUT THIS PROGRAM.**

To be hired: Prevention Coordinator, 100% FTE

This person will have a BA or BS, and a minimum of 5 years of experience in prevention, with experience in classroom teaching, exemplary skills in communication, and computer skills. He or she will be responsible for teaching, scheduling classes, supervising staff who teach and who assist the Youth Action Board, and will submit MCHD reports.

Lisa Slater, Prevention Specialist, B.A., 100% FTE

Lisa brings 6 years of training plus 5 years of communications to her role with Project Oz as a drug educator. Her professional experience includes 2 years as the Public Information Officer for "Community Organization for Drug Abuse, Mental Health and Alcoholism Services" in Phoenix, Arizona. She has worked in the corporate environment as well as the social service sector, and understands a variety of audiences, with the ability to tailor her delivery to fit her audience. She is the staff person primarily responsible for teaching classroom courses funded through MCHD.

Administrative costs: 15% of budget:

Peter Rankaitis, Executive Director, M.S., Zohreh Kavosi, Business Manager, B.S., Ellen Dietz, Resource Developer, M.S., Christine Wisniewski, Administrative Assistant, A.S.

Administrative costs are the office staff who provide background tasks. They have from 10-36 years of experience in their jobs and are well-qualified to carry out their administrative duties. These staff carry out the financial; reporting, supervisory, recordkeeping, personnel, and contractual maintenance of all agency programs. Peter founded the agency in 1973; Ellen has worked with agency records, funding, and reporting for 24 years; Zohreh has maintained the books and done financial tasks for 16 years; and Christine came to Oz in 2013 with 10 years of experience in office administration, accounts payable, and international customer service.

**K. DESCRIBE THE TARGET POPULATION FOR THIS PROGRAM, INCLUDE DATA SUCH AS AGE, SEX, VOCATIONAL STATUS, INCOME LEVEL, ETC.**

This is universal prevention, not targeted to a subpopulation.

Classroom Education: We teach youth in grades 5-8. We schedule time for classroom coursework with teachers at urban and rural public schools in McLean County. There are no student eligibility requirements. We do not discriminate on any basis, including age, gender, race, disability, income, ethnicity, or religion. Before the sessions begin, we send a notice to each parent informing them of the things their child will learn; if they have objections, they can release their child from participation by making other arrangements during the 10 class periods when we teach the prevention unit. In most schools, our prevention sessions are taught during health classes. However, not all schools have health units, so they ask us to use physical education time. As one of our educators said, "In some schools, they want the information so badly they **make room.**"

Youth Action Board (YAB): Youth in this group are high-achieving and have been recruited by their peers and faculty members, and there is an application process. They have a desire to promote healthy living and ideas on how to do it. They bring these ideas to life at the YAB. Total membership changes a little each year, and at December 2013 included 17 students. As an environmental strategy, the target population is the entire student body at the schools represented on the YAB. Each student body is a full spectrum of abilities, disabilities, socio-economic levels, learning styles, races, and ethnicities. The 5 high schools are Normal Community, Normal Community West, Bloomington, Central Catholic, and University High School. The community is also a target population through activities in "Your Actions Matter" campaign that discourages adults from purchasing alcohol for minors; prescription drug drop boxes that remove unused drugs from potential misuse as well as keep them out of the public water supply; Reverse Trick-or-Treat that informs parents of the dangers of substance use to the teenage brain and encourages them to open discussions with their teenagers; and media advertisements to widely disseminate prevention messages to the public.

**L. WHAT IS THE GEOGRAPHIC AREA THAT WILL BE SERVED BY THE PROGRAM?**

McLean County: communities and rural residences attending Bloomington District 87, LeRoy, Lexington, Ridgeview, Tri-Valley, and Unit 5 schools.

**M. INDICATE THE NUMBER OF INDIVIDUALS PLANNED TO BE SERVED FOR THE YEAR FOR WHICH YOU ARE REQUESTING FUNDS:**

Classroom education: 2,400 students

6 schools in Unit 5, plus Lexington, LeRoy, Tri-Valley, Ridgeview, and 6 schools in District 87

Youth Action Board: 490 teens and adults

Activities of the Youth Action Board reach the entire student bodies of their respective schools (5 county high schools), plus indirectly reaching up to 6,000 teens

Community Prevention: 210 adults

Community campaigns (advertising, bi-annual drug take-back days) the total number of individuals served through all funding sources (HD 377 and state ATOD), plus indirectly reaching up to 500 individuals

Total: 3,100 individuals directly served; universal populations potentially reaching another 6,500 teens and adults

HD377, U.S. Dept of Health & Human Services (through our STOP Act grant), and state ATOD funds are leveraged together to enable all of these services to operate. Without HD377 funding, the services fall apart because they are part of the personnel and operating expenses needed for our Prevention & Education Department to operate.

**N. PROVIDE A STATEMENT OF THE NEED YOU WISH TO ADDRESS THROUGH THIS PROGRAM:**

We need to keep young people in McLean County healthy by reducing or eliminating youth substance use. Why? Because adolescent substance use is America's number one public health problem. Its consequences go far beyond immediate damage to the individual; consequences involve families, neighborhoods, and society at large, and last for decades.

Dangerous substance use and resulting addiction is the foremost cause of preventable death and disability in the United States. Most cases of substance use and addiction originate in adolescence. Teen substance use is a public health problem and in many cases leads to a complex brain disease called addiction. Project Oz works to prevent or delay the onset of substance use through effective public health measures. Adolescence is the critical period for the onset of substance use and addiction and the many devastating consequences that come from experimentation, use, and addiction. Prevention must begin before high school.

- Annual national costs of teen substance use include an estimated \$68 billion associated with underage drinking and \$14.4 billion in substance-related juvenile justice programs
- Total substance use costs to federal, state, and local governments, which usually has its roots in adolescence, are at least \$468 billion per year—that's almost \$1,500 for every person in America

Prevention prepares young people to lead healthy lifestyles that significantly decrease the need for crisis intervention, juvenile justice services, alcohol and other drug treatment, victims' services, and the emergency and chronic health care services that strain local and county services and put ever-increasing pressure on tax monies. The need for prevention is high, and by teaching prevention skills to residents during adolescence and reinforcing this education with parents, we can avoid the host of financial, familial, judicial, and emotional consequences that require enormous expenditures by our social service, child welfare, and juvenile justice systems.

Project Oz is the only agency providing prevention education directly to students and parents. If we don't do it, thousands of young people in our neighborhoods will not get any prevention education and the risk of drug use and its consequences will escalate. The services presented in this document are the lynchpins in the county's overall prevention climate; without them immediate gaps will emerge and the consequences will last far into the future. The skills taught in adolescence reach far beyond the classroom. Benefits last into adulthood; the costs of not providing them will last for decades, as well.

So, we begin while youngsters are still in school. The temptation to use alcohol and other drugs is a risk of adolescence. Not only is adolescence a time of great physical change and development, but the adolescent brain is experiencing fundamental changes and fine tuning, adding to the difficulties of decision-making, which is further blurred by the social, emotional, and educational challenges of adolescence. Every child needs supportive people and the opportunity to practice essential life skills to form healthy habits for their lifetime. "Too Good for Drugs" substance abuse prevention helps adolescents by providing information about the risks and dangers associated with substance use, and teaches skills that increase the protective factors in their lives.

For instance, skills taught in prevention help youth avoid consequences of drug use such as teen pregnancy, addiction, vandalism, illegal means of supporting substance use, dropping out of school, and medical complications. There is great value in laying a foundation of prevention rather than reacting to one crisis after another, like the proverbial boy with his fingers plugging holes in the dike. Prevention builds a strong foundation in the first place. The "Too Good for Drugs" curriculum's core sessions lay this foundation; booster sessions and YAB activities reinforce it.

Further, classroom core and booster sessions leverage the strength of presenting information to teens in the presence of their peers. These sessions and YAB activities are especially well-suited to filling this educational need to teach and reinforce positive anti-use attitudes. Research confirms this method of reinforcement as an essential component of successful drug prevention. The substance abuse prevention and education department at Project Oz uses individual-, peer-, and community-level approaches to promote healthy and safe decisions when it comes to substance use. We recognize the power of parents and the influence they can have by talking with their children about the dangers of substance use, so we engage them in environmental-level actions to promote a community focused on responsible, healthy, and safe practices in advertising and selling alcohol. In connection with all of this is the need to reduce the availability of alcohol and other drugs, so we operate and support activities such as installing and promoting secured prescription drug drop-boxes, and activities that remind businesses about not selling alcohol to minors.

The consequence of failing to provide prevention is the erosion of the current foundation, opening the door to long-lasting emotional and financial costs, and the silencing of the only voice that counteracts negative and pervasive peer and media pressures. If prevention lapses, like holes in the dike, as a community we will spend energy, money, and strife far into the future, reacting to problems and crisis that could have been avoided.

O. HOW MANY YEARS HAS THIS PROGRAM BEEN IN OPERATION? 38 years

P. LIST ANY SIGNIFICANT CHANGES IN THIS PROGRAM FROM LAST YEAR:

The only change in 2013-14 is the addition of "booster" classes, that are required to preserve the program's fidelity. We are using an evidence-based curriculum approved by the Substance Abuse and Mental Health Services Administration (SAMHSA), "Too Good for Drugs." The 2012-13 school year was the first year using this curriculum, so we provided "core" sessions. In the 2013-14 school year we added "booster" sessions to those same students who advanced 1 grade level, plus we taught new "core" sessions to the new students in the lower grade level. To illustrate, in 2012 we taught 6<sup>th</sup> grade students, then in 2013 we taught "booster" sessions those same students who advanced to 7<sup>th</sup> grade, and we also began core sessions for the new 6<sup>th</sup> graders. In effect, this doubled the teaching load. However, a significant absence was an increase in state funding to meet the increased state-mandated load.

Q. WHAT ARE THE CLIENT ELIGIBILITY REQUIREMENTS (IF ANY) FOR YOUR SERVICES?

There are none.

R. DOES THIS PROGRAM HAVE, OR HAS IT HAD IN THE PAST YEAR, A WAITING LIST FOR THE SERVICES OF YOUR PROGRAM? PLEASE EXPLAIN:

Yes. Bloomington Junior High School and Ridgeview schools have been requesting services for years.

In 2010, a corporate grant enabled us to serve Bloomington Junior High School for 1 year, but they did not renew their support. Consequently, we released BJHS from our schedule, and they remain on the waiting list for services. Ridgeview asks annually for services, but we do not have the resources to send staff to them. They, also, remain on the waiting list.

Accordingly, we are seeking to add prevention courses with the 2014-15 academic year to reach the schools who are requesting them. We will, as always, present the curriculum to maintain program fidelity, which entails teaching "core" sessions the first year and then "core-and-booster" sessions the following year. In practice, the additions will look like this:  
2014-15, Ridgeview grade 6, and District 87 grade 5  
2015-16, Ridgeview grades 6 & 7, District 87 grades 5 & 6

S. IF THE PROGRAM CHARGES A FEE, INDICATE THE DOLLAR AMOUNT AND REASON FOR THE FEE:

There are no fees to schools or to students/families.

T. IF FEES ARE CHARGED FOR PROGRAM SERVICES, WHAT PROVISIONS ARE MADE FOR CLIENTS WHO ARE UNABLE TO PAY THE FEES?

n/a

U. WHAT PERCENTAGE OF THE FUNDS FOR THIS PROGRAM ARE PROVIDED BY THE STATE? 65%

V. WHAT IMPACT HAVE STATE FUNDING CUTS HAD ON THIS PROGRAM?

State funding cuts eliminated one staff from our roster, which forced us to eliminate family-based prevention services. Also, the cost of health insurance benefits to all staff have increased even though their paychecks (via state funding) have not kept pace. Despite these losses, the State has not diminished their workload demands for population served and number of service hours performed. In fact, they have demanded the opposite, increasing the workload without increasing the amount of funding. The net effect is to put tremendous strain on the remaining staff and create difficulties in scheduling for missed school days (such as snow days) so that we can maintain program fidelity.

## II. COLLABORATIONS

### A. HAS YOUR AGENCY BEEN ACTIVELY INVOLVED IN PLANNING THE PROPOSED SERVICE WITH OTHER LOCAL AGENCIES AND FUNDERS?

Yes xx No

IF YES, PROVIDE THE NAMES OF YOUR COLLABORATING AGENCIES AND THE SERVICE EACH PROVIDES FOR THIS PROGRAM:

Each year we collaborate with health teachers in the public schools where we teach classroom courses (Parkside, Chiddix, Evans, Kingsley, LeRoy, Lexington, Tri-Valley); with school program staff of Chestnut Health Systems to provide a continuum and avoid duplicating school and community activities; and with Bloomington and Normal police who engage us to do alcohol compliance checks with them. Further, we collaborate with police officers in Bloomington and Normal, and staff at Illinois State University and Illinois Wesleyan University regarding prescription drug drop boxes, and the McLean County Health Department in the Tobacco Reality Grant. We talk with the Unit 5 Asst. Superintendent of Secondary Education prior to the start of each school year so that administrators as well as principals and faculty know all plans and expectations. We also participate in the county Juvenile Justice Council.

Our services address individual and peer prevention, and they work in conjunction with the results of the community needs assessment done by the Adult Advisory Board (formerly Heartland Coalition). We avoid service fragmentation by: a) leading the Adult Advisory Board, whose members are knowledgeable about an array of services, to ensure that our individual- and peer-based services will complement existing services; b) using the Strategic Plan (organized under the guidance of the Substance Abuse and Mental Health Services Administration and the Illinois Department of Human Services) to provide a continuum to the work and an evaluation component; and c) collaborating with the Illinois Liquor Control Commission, local businesses, and law enforcement to develop, operate, and evaluate activities that fill gaps and engage more of the community than any of these entities could reach on their own. The classroom curriculum is operated in conjunction with the Illinois Dept of Human Services, and biennial surveys of student drug use (Illinois Youth Survey) are done in conjunction with the University of Illinois. Our community activities are guided by the Strategic Plan and the community needs assessment that identified specific needs of residents, the strengths of agencies, and by working together to obtain the greatest good and the best use of resources. This approach combines the knowledge and resources of the State, local interest groups, educators, young people, professional offices, and other stakeholders. In addition to combining efforts, this multi-sector approach also means that HD377 monies reach thousands more residents than they could reach on their own.

### B. TO THE BEST OF YOUR KNOWLEDGE DOES THE PROPOSED SERVICE DUPLICATE OR FRAGMENT EXISTING PROGRAMS NOW PROVIDED BY OTHER McLEAN COUNTY HUMAN SERVICE AGENCIES? Yes No xx

IF YES, PLEASE STATE A RATIONALE FOR THE PROGRAM DUPLICATION AND/OR FRAGMENTATION.

We do not duplicate services.

## III. OUTCOME OBJECTIVES

### A. IF FUNDED DURING FY 2014 (July 2013-June 2014), PLEASE RESTATE PROGRAM OBJECTIVES STATED IN THE FY 2014 APPLICATION AND NOTE YEAR-END ACHIEVEMENTS.

#### Objective #1

Youth Individual Prevention. The purposes are to increase students' resistance to self-destructive behaviors and to prevent drug-related problems. Drug education courses are held during health classes (one class period each day) and last for 10 sessions. The desired outcomes are for students to: 1) avoid alcohol and other drug use, as well as to prevent the misuse of prescription and over-the-counter drugs, 2) avoid alcohol and other drug problems, and 3) use healthy alternatives to alcohol and other drugs for coping with stressors and solving problems. The evidence-based curriculum teaches these things, and uses a core-and-booster format to accomplish it.

Year-to-date achievements (July – December 2013): Our educators taught 28 classes to a total of 544 students in core sessions, and 452 students in booster sessions. Schools included Evans, LeRoy, Lexington, Chiddix, Kingsley, and Parkside Junior High. Classes reached students in grades 5, 6, and 7, depending on the school. Students came from the communities of Hudson, Carlock, Lexington, LeRoy, Normal, and Bloomington.

#### Objective #2

Youth Peer Group Prevention. The purpose is to increase youths' resistance to substance use within their peer groups. This is important because as children grow up they increase their reliance on friends' perceptions and knowledge while decreasing their reliance on adult leadership. Accordingly, reaching youth in the context of peer group interaction is a powerful tool to prevent substance use. The Youth Action Board (YAB) uses this peer group strategy. The desired outcomes are to: 1) cultivate positive reinforcement of healthy coping skills, and 2) reinforce community efforts to reduce substance abuse among youth.

Year-to-date achievements (July – December 2013): During the summer months and beginning of the school year, we recruited new students to the YAB, resulting in 17 total members. They met 21 times during the 6-month period with

an average attendance of 7 youth at each meeting. They planned and carried out "Reverse Trick-or-Treat" and "Your Actions Matter," in which they reached an estimated 872 people. "Your Actions Matter" is an initiative of the Illinois Liquor Control Commission, in which bottleneck tags or stickers are placed directly on packaged liquors to remind adults of the penalties of purchasing or distributing alcohol to minors. Our activity is done in conjunction with the larger state-wide initiative in order to get maximum impact. The YAB also met with the Adult Advisory Board (formerly Heartland Coalition), whose 24 members were present.

**Objective #3**

Community Safety & Substance Abuse Prevention. The purpose is to promote healthy policies and activities that reduce or eliminate alcohol, tobacco, and other drug use, particularly among families and in public places. The desired outcomes are to: 1) help families prevent substance abuse of both illicit and prescription drugs, 2) promote public policies that prevent or limit alcohol and other drug use, and 3) generate greater awareness among businesses and other organizations about how they can prevent or reduce substance abuse.

Year-to-date achievements (July – December 2013): Youth from the YAB worked with the Normal Police Department to operate the fall Prescription Drug Take-Back Day; 90 people participated, with a total of 16 service hours from the YAB members. Normal P.D. uses the drop boxes on their property for a twice-yearly community-wide collection event. Our work with the Heyworth Partners Coalition, a school-community partnership using a social norms campaign (i.e., using positive messages to reinforce positive pressures that most kids do not use drugs, thereby creating a buzz that NOT using is the preferred option among teens). They completed a school-year Kick-Off Event, a "Minute to Win It" contest, and they did an information booth at the Heyworth High School Open House. In all, they reached 280 people. There were also two alcohol compliance checks ("Retailer Spot Checks" that are unannounced to businesses), done by the Normal Police Department in conjunction with YAB members. Scheduling these checks and selecting specific businesses to test are arranged by the police department and are done on an intermittent basis. Law enforcement provides the kudos or consequences, depending on how a business reacted when asked to sell alcohol to a minor. No actual sales are made, and students are screened and accompanied by officers.

**B. PROBLEMS ENCOUNTERED WITH ACHIEVING ANY OF THE OBJECTIVES AND HOW THEY WERE HANDLED.**

We are on-target to achieve our objectives for FY2014.

**C. WERE ANY SIGNIFICANT CHANGES MADE TO THIS PROGRAM BASED UPON THE PROBLEMS ENCOUNTERED?**

No.

**D. LIST AT LEAST THREE MAJOR OBJECTIVES FOR THIS PROGRAM FOR FY 2015.**

1. Individual-level substance abuse education through classroom courses on substance abuse education and prevention. Objective #1: To use a teaching schedule that maintains program fidelity, based on the requirements of "Too Good for Drugs." Student use is surveyed biennially via the Illinois Youth Survey, which is compiled by researchers at the University of Illinois.

2. Peer-level substance abuse education through planning and implementing prevention activities and awareness/education campaigns of the Youth Action Board. Objective #2: To discourage teen substance use by reducing availability of alcohol and prescription drugs to minors and increasing their perception of harm/consequences of substance use.

3. Community-level substance abuse education through activities of the Youth Action Board and prescription drug drop-off boxes. Objective #3: To increase retailers' awareness of and adherence to local alcohol ordinances and laws regarding substance use by minors; and increase public awareness of safe disposal of unused prescription drugs. Setting community standards so that young people cannot purchase alcohol and tobacco products is important to community prevention efforts.

**E. DESCRIBE THE STRATEGIES THAT WILL BE EMPLOYED TO CARRY OUT THE OBJECTIVES LISTED ABOVE.**

Individual: Classroom instruction. 10 sessions for each class, given at 1 or 2 sessions per week based on the schedule requested by the classroom teacher. Project Oz is implementing the "Too Good for Drugs" curriculum, which is recognized on SAMHSA's National Registry of Evidence-Based Programs and Practices. "Too Good for Drugs" mirrors the objectives of our classroom education, the Heyworth Community Partners social norms campaign, and public service messages disseminated by the Youth Action Board. Each services reinforces the others with consistent, on-target messages. Reducing youth drug use is done through: 1) establishing the norms that most youth do not use drugs, 2) increase youths' perceptions of harm caused by drug use, and 3) teaching skills for coping with daily stressors without resorting to drug use.

Here is an example from a class in February 2014:

As part of the "Too Good for Drugs" curriculum, students have ample time to practice refusal skills, and one method is by role-playing how to respond to pressure. Today our topic was marijuana and the goal of the role play was to be able to use one of the nine refusal skills strategies. The student who participated in this role-play tried one skill, then the teacher, who role-played the aggressor, pressured him further. The student thought a moment, then tried a different skill. The "aggressor" pressured still more, and the student went to a third choice. At this point, the teacher commented to him and to the class that this is exactly what learning these skills is about. There will be times when someone they know might pressure them, and keep ramping up the pressure. The teacher commended him for being able to think so well on his feet and for drawing on skills he's learned in the course, so that he'll be ready and able to use them in a real situation. His face lit up when he realized that he had, indeed, not given in to the verbal pressure and had "go to" responses that gave him the ability to resist pressure, especially in front of his peers in the classroom. He left class with a new sense of pride and accomplishment after seeing his new skills in action.

Peer and Community-Level: Youth Action Board activities. The Youth Action Board is involved in school-wide prevention awareness and education campaigns at the local high schools, and community-wide prevention awareness and education campaigns. The Youth Action Board receives advocacy training and education about substance abuse issues and works within the community to promote positive no-use messages to keep youth safe and healthy. They plan their activities in conjunction with the Strategic Plan (developed by the federal department SAMHSA) used by the Adult Advisory Board (formerly Heartland Coalition), which is also used by the State of Illinois, tying together the efforts of the local community, state government, and the federal government. The Youth Action Board will continue to collaborate with area businesses to conduct "Your Actions Matter," an alcohol "bottle-neck" tag campaign, in conjunction with the Illinois Liquor Control Commission to educate adults on the consequences of supplying alcohol to minors; engage parents through "Reverse Trick-or-Treat" in neighborhoods to inform adults about the consequences of substance use on the teenage brain; work with law enforcement on "Retailer Spot Checks" to discourage distribution of alcohol to minors; and publicize/advertise prevention messages to disseminate information about the dangers of alcohol use on the teenage brain. The Youth Action Board will also continue to partner with the Normal Police Department in the semi-annual U.S. Drug Enforcement Agency Prescription Drug Take-Back events in spring and fall.

**F. LIST THE CRITERIA TO BE USED FOR EVALUATING THE PROGRESS TOWARD EACH OBJECTIVE INCLUDING THE DATA SOURCES TO BE UTILIZED, STATE CLEAR PERFORMANCE INDICATORS.**

**Criteria**

Objective #1: Youth Individual-level Prevention, using classroom education

Criterion #1: Based on the performance of "Too Good for Drugs," as administered through the Illinois Dept of Human Services.

Data sources: "Too Good for Drugs."

Objective #2: Peer-level Substance Abuse Education

Criterion #2: Average annual 70% Youth Action Board member participation rate in planning meetings and activities, and expanded retailer participation in "Your Actions Matter." This percentage allows for the differing schedules of youth as their participation in sports, theater, clubs, and other extracurricular activities varies by season.

Data Sources: Youth Action Board self-assessments, logs of business participation, and YAB member attendance records at planning meetings and events.

Objective #3: Community-level Safety and Substance Abuse Prevention

Criterion #3: Completion of at least 2 Youth Action Board (YAB) communication campaigns. Biennial data from Illinois Youth Survey documents the use of alcohol by minors (next one is in spring 2014; subsequent one in 2016).

Data sources: YAB self-assessments, YAB program results presented to Adult Advisory Board for review and any necessary action, YAB attendance records, and the 2014 Illinois Youth Survey.



#### IV. Proposed Service Profile

<b>AGENCY:</b>	Project Oz		
<b>PROGRAM:</b>	Youth Individual Prevention	Youth Peer Prevention	Community Prevention
<b>Projected Individuals:</b>			
<b>GENDER:</b>			
Male	1,150	225	168
Female	1,250	265	42
<b>Total Individuals Served:</b>	2,400	490	210
<b>AGE GROUP:</b>			
Infants (0-3)	0	0	0
Youth (4-13)	2,240	80	150
Teens (14-18)	160	400	0
Adults (19-59)	0	10	10
Seniors (60 & up)	0	0	50
<b>RESIDENCE</b>			
Bloomington	1,300	283	100
Normal	680	207	100
Other	420	0	0
<b>*SERVICE HOURS PROJECTED:</b>			
CLIENT HOURS	n/a	n/a	n/a
STAFF HOURS	n/a	n/a	n/a
<b>HD/377 FUNDING</b>	\$138,210		
<b>FUNDING FROM OTHER SOURCES</b>	\$260,258		
<b>TOTAL COST OF PROGRAM</b>	\$398,468		

\*Client Hours: Total number of client hours projected to be provided in FY'15.

\*Staff Hours: Total number of funded staff hours in FY'15.

## McLean County Health Department Budget Worksheet

Grantee Name:	McLean County Health Dept	Grant Amount Requested	\$138,210.00
Program Name	Project Oz Prevention & Education	Preparer	Zohreh Kavosi
		Preparer's Email	zohreh@projectoz.org
		Preparer's Phone	309-827-0377

Line Item	Original Sub Total by Line Item
Personal Services (Salary & Wages)	\$73,008
Fringe Benefits	\$31,101
Contractual Services	\$11,004
Travel	\$1,000
Commodities	\$0
Printing	\$666
Equipment	\$0
Telecommunications	\$2,072
Supplies	\$1,332
Patient/Client Care	\$0
Administrative Costs (if allowable)	\$18,027
<b>Grant Total</b>	<b>\$138,210</b>

### Justification

This proposal continues prevention education to the 7 schools currently receiving substance abuse prevention education via an evidence-based curriculum, adds education courses to the 7 schools on the waiting list, and continues to reach the broader community through peer-level prevention of the Youth Action Board and community-level prevention through Youth Action Board and collaborative activities. Funding from state, federal, and county sources are leveraged together to make these universal prevention services possible to McLean County residents.

Peter Rankaitis, Executive Director  
Authorized Grantee Official

11-Feb-14  
Date

[illegible]

10

\$73,008

[illegible]

Prevention Coordinator, 100% FTE; This person will have a BA or BS, and a minimum of 5 years of experience in prevention, with experience in classroom teaching, exemplary skills in communication, and computer skills. He or she will be responsible for teaching, scheduling classes, supervising staff who teach and who assist the Youth Action Board, and will submit MCHD reports.

Lisa Slater, Prevention Specialist, B.A., 100% FTE; Lisa brings 6 years of training plus 5 years of communications to her role with Project Oz as a drug educator.

# McLean County Health Department Budget Detail Template

Grantee Name: McLean County Health Dept 0 0

Program Name Project Oz Prevention & Education

Fringe Benefits **\$511,101**

	Salaries	Rate	Amount Requested
Fringe Benefit	\$73,008	9.0000%	\$6,571
Retirement	\$73,008	7.6500%	\$5,585
Social Security	\$73,008	18.0000%	\$13,141
Group Insurance	\$73,008	2.9500%	\$2,154
Other: SUTA	\$73,008	5.0000%	\$3,650
Other: Workers Comp	\$73,008		\$0
Other:	\$73,008		\$0
Other:	\$73,008		\$0
Other:	\$73,008		\$0

Justification: Fringe Benefits

Fringe benefits are for the Coordinator and Prevention Specialist.

Grantee Name: McLean County Health Dept 0 0

Program Name	Project Oz Prevention & Education

Contractual Costs	\$11,004
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[illegible]

**Justification: Contractual**

This line item includes utilities, professional liability insurance, property insurance, rent, and building maintenance. Budget is derived from a formula given by our independent auditors.

# McLean County Health Department Budget Detail Template

Grantee Name: McLean County Health Dept 0 0

Program Name Project Oz Prevention & Education

Travel \$1,000.00

In-State Travel \$1,000.00

Trips	Purpose of Travel	Mode of Transportation	Amount Requested
	Prevention Specialist trips to schools	Auto	\$1,000
			\$0
			\$0
			\$0
			\$0
			\$0
			\$0
			\$0

Justification: In-State Travel

Prevention Specialists go to each school to present core and booster sessions as required by the evidence-based curriculum, "Too Good for Drugs." All travel is mileage to Bloomington, Normal, LeRoy, Lexington, Colfax, and Downs.

Out-of-State Travel \$0.00

Trips	Purpose of Travel	Mode of Transportation	Amount Requested
			\$0
			\$0
			\$0
			\$0

Justification: Out-of-State Travel

All Out of State travel must be pre approved by IDPH. Justification for Out-of-State Travel must be very detailed.  
None.

# McLean County Health Department Budget Detail Template

Grantee Name: McLean County Health Dept 0 0

Program Name Project Oz Prevention & Education

Commodities \$0.00

Item(s) Requested	Amount Requested
	\$0
	\$0
	\$0
	\$0

Justification: Commodities

None.

Printing	\$666.00
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Item(s) Requested	Unit(s)	Amount Requested
\$333 per FTE		\$666
		\$0
		\$0
		\$0

Justification: Printing

Copies for classroom activities, Youth Action Board materials, notices to parents, and mailings as needed. Budget is derived from a formula given by our independent auditors.

# **McLean County Health Department Budget Detail Template**

Grantee Name: McLean County Health Dept 0 0

Program Name Project Oz Prevention & Education

Equipment \$0.00

Item(s) Requested	Unit(s)	Amount Requested
		\$0
		\$0
		\$0
		\$0
		\$0

Justification: Equipment  
None.

Telecommunications \$2,072

Item(s) Requested	Rate	Months	Amount Requested
\$1,036 per FTE			\$2,072
			\$0
			\$0
			\$0

Justification: Telecommunications

Phone and cell phone communications for Prevention Specialists and Coordinator, internet access, and communications with Youth Action Board members. Budget is derived from a formula given by our independent auditors.



# McLean County Health Department Budget Detail Template

Grantee Name: McLean County Health Dept 0 0

Program Name Project Oz Prevention & Education

Supplies \$1,332

Item(s) Requested	Rate	Months	Amount Requested
Office Supplies \$667 per FTE	\$666.00	2	\$1,332
			\$0
			\$0
			\$0

## Justification: Supplies

Consumables such as paper, toner cartridges, folders, pens, and envelopes, and data/program storage such as thumb drives and CDs. Budget is derived from a formula given by our independent auditors.

# McLean County Health Department Budget Detail Template

Grantee Name: McLean County Health Dept 0 0

Program Name Project Oz Prevention & Education

Patient/Client Care \$0

Description	Number of Patients or Clients	Rate per Patient or Client	Months	Amount Requested
				\$0
				\$0
				\$0
				\$0

Justification: Patient/Client Care

None.

# McLean County Health Department Budget Detail Template

Grantee Name: McLean County Health Dept 0 0

Program Name Project Oz Prevention & Education

Administrative Costs (if applicable) \$18,027

Item(s) Requested	Rate	Months	Amount Requested
General Administrative Expenses	\$0.15		\$18,027
			\$0
			\$0
			\$0

## Justification: Administrative Costs

Peter Rankaitis, Executive Director, M.S., Zohreh Kavosi, Business Manager, B.S., Ellen Dietz, Resource Developer, M.S., Christine Wisniewski, Administrative Assistant, A.S. at total 15% for supervision, financial, personnel, clerical, and reporting.